



🔥: Warm Dish
❄️: Cold Dish

CHICKEN

1	Buffalo Chicken Bowl 🔥 or ❄️ Shredded buffalo chicken, cous cous, carrots, cilantro, tomatoes, green onion, red cabbage, celery, jalapeno, blue cheese (can omit) & a side of buffalo sauce over a bed of spinach. Cals: 347 F: 10g C: 25g P: 39g	\$14.95
2	Thai Chicken Buddha Bowl 🔥 Diced grilled chicken, carrots, red cabbage, peppers, onions, edamame & soy. Topped with cilantro & lime w. a side of spicy peanut sauce. Cals: 383 F: 6g C: 44g P: 31g	\$14.95
3	Fiesta Bowl 🔥 A flavorful bowl of grilled chicken, jasmine rice, whole – mini sweet peppers w. a side of fresh pico de gallo (jalapeno, cilantro, tomato, onion) & mole (dried chilies, tomatoes, peanuts, squash seed). Cals: 419 F: 7.3g C: 30g P: 56g	\$14.95
4	Rosemary Lemon Chicken 🔥 Grilled lemon chicken w. green beans & roasted rosemary n garlic white potato wedges & a side of balsamic reduction. Cals: 390 F: 8g C: 39g P: 36	\$14.75

BEEF

5	Beef & Broccoli *NEW* 🔥 Slow cooked sirloin over a bed of jasmine rice, broccoli, water chestnuts, shredded carrots, green onions & sesame seeds. With a side of our homemade stir fry sauce. Cals: 487 F: 18g C: 43g P: 39g	\$15.95
6	Cheeseburger Bowl 🔥 w. lean ground beef, jasmine rice, cheddar cheese, bread & butter pickles, diced red onions and a side of ketchup & mustard. Cals: 479 F: 18g C: 26g P: 43g	\$13.95
7	Beef Fajitas 🔥 Lean, taco seasoned ground beef w. sautéed sweet peppers, onions, black beans, basmati rice & a side of hot sauce, corn tortillas & lime Cals: 541 F: 19g C: 48g P: 41g	\$14.75

TURKEY

8	Sweet Potato & Turkey Skillet 🔥 Lean ground turkey & sweet potatoes w. sautéed spanish onions, diced sweet peppers, red chili flakes & ground pepper, topped w. fresh parsley & shredded mozzarella cheese. Cals: 472 F: 18g C: 31g P: 40g	\$14.95
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SEAFOOD

9	Sweet & Sour Shrimp 🔥 Fresh sauteed shrimp w. jasmine rice, steamed pea pods & a side of sweet & sour sauce. Cals: 344 F: 3g C: 29g P: 45g	\$15.95
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BREAKFAST

10	Turkey Sausage & Veggie Breakfast Skillet *NEW* 🔥 Ground turkey sausage, scrambled eggs, red potatoes diced broccoli & topped with diced tomatoes and green onions with a side of hot sauce. Cals: 421 F: 19g C: 30g P: 29	\$11.95
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Salad

11	Mediterranean Salad ❄️ A bed of spring greens w. cucumbers, cherry tomatoes, chick peas, artichoke hearts, feta, roasted red peppers, green onions & a Greek vinaigrette Cals: 181 F: 7g C: 21g P: 10g	\$13.95
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Snacks

Ingredient friendly, all natural, whole food, snacks & breakfast items ✨

A	Strawberry Vanilla Protein Overnight Oats - \$5.95 Old fashioned oats, chia seeds, almond milk, Greek yogurt, strawberries, flax granola, vanilla protein, vanilla, almonds. Cals: 328 F: 8.5g C: 48g P: 14g
B	*NEW ITEM COMING SOON* - Taking this time to finalize our newest snack/breakfast item to the menu, sit tight, we are excited about this one!!! -
C	- Protein Balls (4) - \$6.95 Oats, peanut butter, agave, ground flaxseeds, mini chocolate chips, & craisins Cals: 180 F: 9g C: 19g P: 7g (per one ball)
D	- Peach Cobbler Parfait NEW* - \$5.95 Vanilla Greek yogurt topped with fresh peaches, flax granola & crunchy granola Cals: 228 F: 3.5g C: 32g P: 18g
E	Blueberry Pie Crust Bars - \$5 Introducing our "Sweet Treat" of the menu! Oats, brown sugar, cinnamon, baking soda, salt, butter, vanilla, almond, blueberries, maple, cornstarch Cals: 199 F: 9g C: 28g P: 3g
F	\$5 Tip For Your Delivery Driver!